



Mites Are On A Mission In Your Home

Although dust mites are microscopic, they can cause major maladies for people who suffer from asthma and allergies.

Mites are tiny insects who share living quarters with humans and animals, feeding on the invisible flakes of dead skin that are shed every day. If a dust mite infestation is not treated properly, it can lead to asthma attacks and other respiratory problems.

Are Dust Mites in My Home?

In almost every place where humans live and work, you can also find dust mites lurking around. You won't see them, but they are certainly present. Dust mites are tiny organisms, barely a 1/100th of an inch long, that's 1/4 of a millimeter (0.25mm)! Their small size is why they look like tiny specks of dust to the naked eye.

After mites feed on small pieces of organic matter, like tiny flakes of dead skin, they discharge microscopic particles of waste that can cause severe allergic reactions in sensitive people.

The life cycle of a dust mite is just a few weeks, but each dust mite can produce up to 2,000 of these particles! Combined with the excellent reproductive capacity of dust mites, you have a recipe for allergies and respiratory problems. As you can imagine, this is precisely why dust mites can be so detrimental to one's health.

What Causes the Allergic Reaction?

The microscopic waste produced by mites contains a multitude of allergens that can trigger sneezing, runny nose, red eyes, and itchiness. If your immune system is sensitive to these allergens, it "misinterprets" them as disease-causing germs and produces antibodies to protect your system.

Chemical reactions take place causing the various types of symptoms associated with dust mite allergies. People who already suffer from asthma or other respiratory problems face considerably worse health risks from these toxins.

What Might I Do About Dust Mites?

Dust mites are difficult to eradicate without professional help. However, there are several ways you can help keep them under control in your home.

4 Ways to Reduce Mites in Your Home

You can make a variety of smart choices to help keep dust mites away from you and your family. Here are some steps to consider to avoid dust mite-related health problems:

1. The Mega Mite-Reducer: Replace Air Filters Regularly

Dust mites are the size of small dust particles and are easily travel through the air—and your air conditioning system. Your air filters can play a major role in reducing these allergens. Replace air filters regularly: at least once per month, especially if you have family members who have asthma or other respiratory conditions.

2. Keep Humidity Low

Dust mites thrive in moist environments. Keeping the humidity low in your home makes it a place mites will avoid. Use a dehumidifier to help keep the moisture levels low. This not only helps control the dust mite population but will also hinder the growth of mold.

3. Clean Dust With Damp Rag:

Feather dusters are dispersion machines. They don't eliminate dust. Cleaning all of the dust accumulating around your home is vital, but it's best to use a damp rag. Dry dust rags stir up dust mites—like feather dusters.

4. Clean Rugs and Runners Outside:

You'll be wise to clean rugs and runners outside. Vacuuming rugs inside will disperse mites in the air and into your air conditioning system. Shaking-out rugs outside before vacuuming will significantly reduce the mites in your home and reduces dispersion in the air.

3 Powerful, Permanent Ways to Win the War on Mites

If you or a family member is still suffering from respiratory issues, there are steps you can take to make your home more comfortable. Personal air purifiers can be placed by your bed or desk, creating a temporary microclimate free of dust mite allergens, but most people grow frustrated with cleaning them.

Dust mites are an unpleasant and common part of human civilization. With a bit of strategy, you can avoid much of the discomfort caused by mites as well as the potential health complications.

ABC A/C of Orlando has several solutions to rid your home of mites while also reducing mold and dust, as well as improving the cost efficiency of your A/C system.

1. ABC's Filter Renew Program

ABC's filter renew program ensures you have the exact filter you need when you need it. We'll even remind you when it's time to replace your filter. Changing your filter every month protects your indoor air quality by reducing mites and allergens. It also saves you money by helping your system to run efficiently.

2. ABC's UV Germicidal Lights

A UV germicidal light is a lamp that emits short-wavelength ultraviolet radiation. The lamps are placed in strategic locations inside the HVAC system to bathe all the air that passes through the ducts. The UV rays destroy the cellular functions of the organic pollutants in the air, killing them and preventing them from spreading. The ultraviolet radiation does this without using chemicals or adding environmentally-unfriendly ozone to the air.

3. ABC's UV Air Scrubbers

The UV Air Scrubber is an active system, rather than a passive one like UV germicidal lights. Instead of simply purifying the air that passes through the light rays, a UV air scrubber actively goes after the organic compounds inside the ventilation system and the air in your home. It provides a more powerful disinfecting process in your air and across surfaces of your home with the added benefit of reducing odors dramatically.

Learn more about ABC's Solutions for mites by clicking on the appropriate link:

ABC's Filter Renew Program

ABC's UV Germicidal Lights

ABC's UV Air Scrubbers

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